



THE BISHOP'S SCHOOL CAMP

JUNIOR SECTION

CLASS-4



CELEBRATION OF INTERNATIONAL YOGA DAY

Yoga is a system of training for the body and the mind. It is a spiritual and ascetic discipline, a part of which, includes breath control, simple meditation, and the adoption of specific bodily postures. It is a widely practised form of exercise, for health and relaxation.

The global event was celebrated with gusto on 21st June, in The Bishop's School, Camp, Junior section. Mrs. Nahed Shah, parent of Ahaan Shah, taught the children Omkar Pranayama. They chanted "Aum" in rhythmic patterns and practised conscious breathing.



The warm-up exercises and the asanas- Trikonasana, Padasthana, helped the children relieve their stiffness and gain flexibility.



The laughter yoga exhilarated the children and lead them into a guffaw. It involved Banana, Hot soup and milkshake laughter.





The session ended with rejuvenating and relaxing exercises.

Mrs. Nidhi Sengupta

Assistant Teacher

